

"I KNEW BREASTFEEDING WAS BEST FOR MY BABY, BUT IN THE BEGINNING IT WAS CHALLENGING."

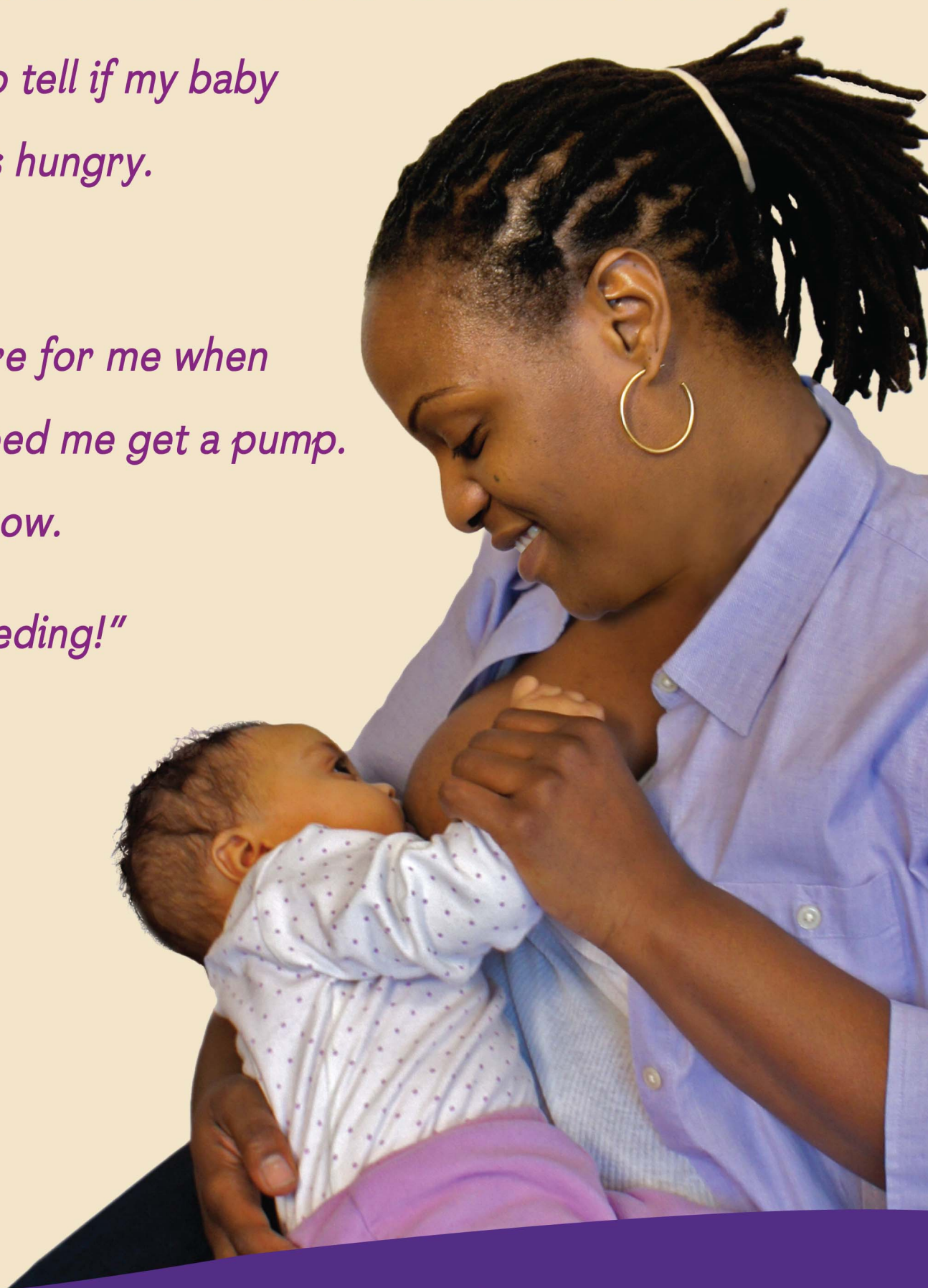
*"I wasn't always sure how to tell if my baby
was eating well or if she was hungry.
We both had a lot to learn.*

*My Peer Counselor was there for me when
I needed her. WIC also helped me get a pump.
Things are so much easier now.*

I'm proud that I'm breastfeeding!"

– Narissa, Cambridge

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If you have questions about
breastfeeding or to find out
if you are eligible to receive WIC
services call **1-800-WIC-1007**
or visit **mass.gov/wic** for a
WIC program near you.
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**Sometimes getting started with
breastfeeding can be challenging,
but the rewards last a lifetime.**

WIC. WE KNOW BREASTFEEDING.



WIC NUTRITION PROGRAM 1-800-WIC-1007
NUTRITION DIVISION - MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH
WWW.MASS.GOV/WIC • TDD/TTY: 617-624-5992